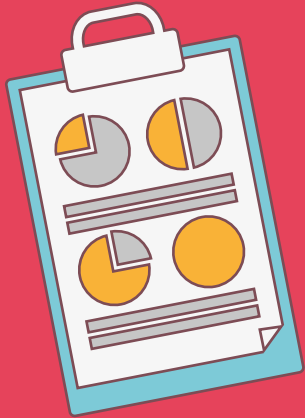


# YOUNG PEOPLE & LONELINESS

FACT SHEET BY *Youthscape* AND   
Foundation



## LONELINESS IS INCREASING IN YOUNG PEOPLE

Source: Mental Health Foundation 'The Lonely Society', 2010

## LONELINESS IS SUBJECTIVE.

IT IS SOMETHING THAT IS PERCEIVED AND FELT, RATHER THAN SIMPLY A DESCRIPTION OF OR THE EXPERIENCE OF BEING ALONE

Source: The Co-op & British Red Cross 'Escaping the Bubble', 2016

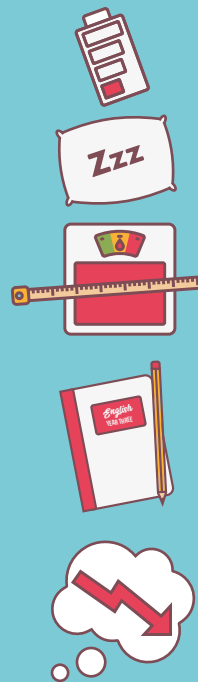


## RISK FACTORS FOR LONELINESS OR SOCIAL ISOLATION

- Low self-esteem
- Adverse mental or emotional health (e.g. anxiety, self-harm)
- Looked after children
- Young carers
- Family breakdown
- Period of transition (e.g. a change in foster carer, new school)
- Having few or no friends
- Being bullied - in person or online
- Sexual identity (LGBT –Lesbian, Gay, Bisexual and Transgendered)
- Experience of trauma (e.g. bereavement)
- Physical or learning disability
- Refugee or unaccompanied minor

Source: The Co-op & British Red Cross 'Escaping the Bubble', 2016

## LONELINESS AND SOCIAL ISOLATION CAN RESULT IN



- LOW ENERGY
- STRESS & ANXIETY
- INSOMNIA
- OVER/UNDER EATING
- REDUCED EXERCISE
- DISENGAGEMENT FROM SCHOOL WORK
- LOW CONFIDENCE
- NEGATIVE EMOTIONS, THOUGHTS & BELIEFS

## SOCIAL MEDIA USE MAY INCREASE FEELINGS OF LONELINESS AMONG YOUNG PEOPLE

*"Many children reported the ever-growing influence of the internet in their lives was leaving them feeling isolated, with many saying that social media led to them comparing themselves to others, and feeling inferior, ugly, and unpopular as a result."*

Source: Childline, 2016



## PARTICIPATION IN GROUP ACTIVITIES IS ONE OF THE MOST EFFECTIVE WAYS TO COUNTER SOCIAL ISOLATION AND LONELINESS

Source: Cattan, 2005